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Open Enrollment for Health Coverage Ends December 15th!

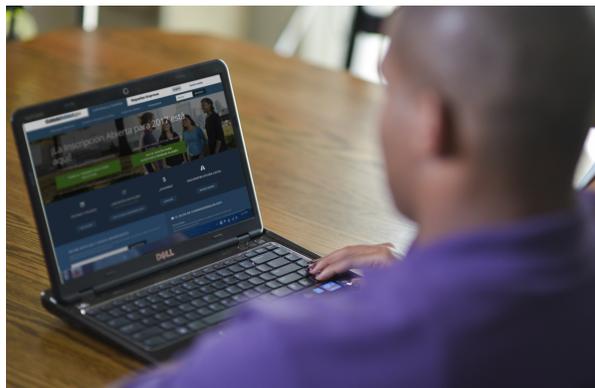
Do you have or need health insurance through the [Health Insurance Marketplace](#)? Now is the time to take part in open enrollment in order to make sure you have health insurance in place by Jan. 1, 2017. The enrollment deadline is Thursday, Dec. 15, to enroll or change plans.

The Affordable Care Act, also sometimes referred to as “Obamacare,” helps those

with pre-existing conditions, including ADHD, obtain health insurance. Don't forget to update your continuance of coverage by the deadline to avoid complications in your health plan. Please visit [Are you eligible to use the Marketplace?](#) for more information on eligibility.

You can continue to enroll until Jan. 31, 2017, but will have a gap in coverage during January if you wait. After Jan. 31, you can enroll or make changes to your health care plan only if you have a [qualifying life event](#), such as a changing your job, moving, having a baby, or getting married.

[Learn more to see if this coverage is for you.](#)



Help Your Students with Executive Functioning Skills

Are you looking for some tips to help your students with executive functioning skills? ADHD impairs a student's executive functioning skills, leading to academic struggles. Students have difficulty staying on task or explaining the information they've learned.



Getting started on an assignment or a classroom project, as an example, is an executive function skill, author and former classroom teacher Chris A. Zeigler Dendy says. "It's not that the child doesn't want to get started; it's that they have trouble getting started."

[Get tips for helping your students.](#)

Q&A: To Gift or Not to Gift? Scaling Back During the Holidays

Q: We'd like to simplify our holidays, partly because we see our children becoming overwhelmed by all the toys and gifts. With their symptoms of impulsivity and hyperactivity, it's no longer a special time. How can we cut back on gift giving and still make this a special time?



A: By shifting the focus from gift giving to spending valuable time with family and friends, you can regain some of the magic of the holidays. For everyone to have a meaningful time, create traditions that meet the needs of children and adults coping with the symptoms of ADHD.

[Read more](#) for suggestions on creating a happy holiday season.

'Tis the Season: Classroom Tips for Teachers

The holiday season and the days leading up to it can be pandemonium in the classroom. Students are excited for the upcoming holiday break; assemblies or concerts can throw a wrench into your normal classroom routines; and even the students without ADHD can be easily distracted. What's a teacher to do? We talked with some classroom teachers for tips to help get your students working together, bring back their attention after a distraction, or when the class may just be too rambunctious.



Their suggestions include using mindfulness technique, singing, and high energy activities to help students stay on track during December. [Read their ideas now](#) to find suggestions for your classroom.

ADHD *in the News*

- Why parents and doctors should think about A.D.H.D. in preschool
- Working out the genetic risk for ADHD
- Data scientists find causal relation in characteristics of ADHD
- College Board makes it easier for students with disabilities to get accommodations

Read these and other articles in the [ADHD in the News weekly digest](#).

Your intelligence has nothing to do with ADHD. Many doctors, lawyers, Harvard grads and professors, business owners, artists, and creative geniuses that include

Did You Know?

celebrities like Justin Timberlake, Will Smith, Jim Carrey, and Michael Phelps have struggled with ADHD and continue to lead successful careers.

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